

Support Group Information 2012

A support group is a gathering of people to discuss issues surrounding the disease or a specific topic. The purpose of the support group is to provide an opportunity to meet regularly for mutual support and to exchange coping skills with one another.

The reasons people attend support groups vary. People may come to a group to gain a better understanding of the disease because they are in crisis, or because they have specific struggles. They may be looking for advice on a particular subject or just want to be with people who are having similar experiences. The group provides the opportunity for participants to help maintain their own health and well-being, and enhance their ability to care for the person with an illness.

Alzheimer's Association, Greater Richmond Chapter

4600 Cox Road, Richmond

Phone: 804-967-2580

- **Adult Children**

Location: Bon Air Methodist Church

1645 Buford Rd., Room 207

Contact: Lynda Gormus – 804-320-0619

Meets: 2nd Tuesday

Time: 7 p.m.

- **Alzheimer's Support**

VA Hospital, Nursing Home Dining Room

1201 Broad Rock Blvd.

Contact: Vivian Bagby – 804-321-1649

Meets: 2nd Saturday

Time: 2 p.m.

- **Southside**

Bon Air United Methodist Church

1645 Buford Road, Room 202, Richmond

Contact: Al Larson – 804-320-3890

Nancy Lentz – 804-967-2586

Meets: 3rd Tuesday

Time: 2 p.m.

- **Midlothian**

New Life United Methodist Church

900 Old Hundred Road, Midlothian

Contact: Bob Schaefer – 804-310-7991

Leigh Hilldrump – 804-839-0236

Meets: 2nd Wednesday

Time: 10 a.m.

- **Midlothian**

Brandermill Woods

14311 Brandermill Wood Trail, Midlothian

Contact: Merle Kahn – 804-967-2575

Meets: 3rd Tuesday

Time: 7 p.m.

- **Chesterfield**

Lucy Corr Village

6800 Lucy Corr Boulevard, Chesterfield

Contact: Blanche Castelow – 804-748-5585

Meets: 3rd Thursday

Time: 7 p.m.

- **Early Stage**
Call the Chapter Office for information
Phone: 804-967-2580

Meets: 4th Thursday
Time: 1:30 p.m.

- **Younger-Onset Group**

A support group for individuals who were diagnosed with a dementia disease under the age of 65. Support groups are offered at the same time for their caregivers, teenage children and younger children. For information, call the Alzheimer's office at 967-2580.

ALS Support Group

Trinity United Methodist Church
903 Forest Avenue
Contact: Sarah Stein – 866-348-3257

Meets: 2nd Tuesdays

Breath Matters

Breath Matters
Lung Disease Support Group
7101 Jahnke Road
Richmond, VA 23225
Contact: Sharon Peple – 804-794-2750 or sharonpeple@gmail.com

Meets: 2nd Mondays
Time: 1:30 – 3:00 p.m.
Location: Chippenham Hospital - Boshier Auditorium

Info: Breath Matters welcomes all patients with lung diseases, along with their caregivers.

Blind/Vision Impaired

Council of Families with Visual Impairment
(American Council of the Blind)
6212 West Franklin Street
Richmond, VA 23226
Phone: 804-262-4711
Email: julietriplett@verizon.net

Brain Injury

Richmond Parent/Caregiver Group
1506 Willow Lawn Drive, Suite 212
Richmond, VA 23230
Candice Rutledge
Phone: 804-228-5203

Meets: 4th Monday
Time: 6–7 p.m.

Children's Hospital
2924 Brook Road
Contact: Christine – 804-355-5748

Meets: 3rd Mondays
Time: 6:15 p.m.

Richmond Supportive Survivors
Ted Taylor
Phone: 804-852-6644

Meets: every Tuesday
Time: 6-8 p.m.

Info: The group is devoted to serving individuals with brain injury, their families, and those that care for and about them.

Bereavement/Grief

Crater Community Hospice
3916 S. Crater Road
Petersburg, VA 23805
Karla Helbert – 804-892-2782 or karla@karlahelbert.com
The group has various sections. Call for details.

Meets: Thursday nights
Time: 6:30–8 p.m.

Caregivers of Children with Special Needs

Candice Rutledge – 804-228-5203

Caregiving Support Group

Caregiver Connection
7000 Lucy Corr Boulevard
Chesterfield, VA 23832
Phone: 804-768-7878

Meets: 1st Tuesday
Time: 4-5:15 p.m.
Location: Lucy Corr Village Friendship
Room, 6800 Lucy Corr Blvd.

Info: Caregiver Connection helps address the needs of those who are caring for an adult with physical or cognitive deterioration, usually a parent or spouse.

Central Virginia Post Polio

Linda Van Aken
14606 Talleywood Court
Chester, VA 23831
Phone: 804-778-7891
Email: Chatnlinda@aol.com

Meets: 1st Saturday
Time: 2 p.m.
Location: Children's Hospital
Brook Road

Info: The group offers support, provides meaningful education and encourages advocacy for those survivors of polio who are now experiencing Post Polio Syndrome (PPS) and the medical community.

Essential Tremor

Our Lady of Hope
903 Forest Avenue
Phone: 804-556-2345

Meets: 3rd Tuesdays
Time: 6:30 p.m.

Fibromyalgia and Chronic Pain Association

Phone: 804-862-4244

Grandparent Connection

Chesterfield County Senior Advocate
7000 Lucy Corr Boulevard
Chesterfield, VA 23832
Phone: 804-768-7878

Meets: 1st Thursdays
Time: 4:15–6 p.m.
Location: Juvenile Courts Building

Info: The group offers support to grandparents raising grandchildren and other kin raising a child. Free child care is available.

Jewish Family Services

6718 Patterson Avenue

Meets: 3rd Thursdays
Time: 2 p.m.

Contact: Janina Bognar –804-282-5644

Mended Hearts

Levinson Heart Center
7101 Jahnke Road
Contact: 804-741-3893

Meets: 1st Tuesdays in Jan, Mar,
May, July, Sept, Nov
Time: 7:30 p.m.

Mended Little Hearts

For families with children and teenagers who live with heart defects and disease, Mended Little Hearts of Central Virginia is a support network providing education, advocacy, awareness, and outreach. They will also provide carebags to children in the hospital.

Website: MLHRichmond.org lists activities and events. Events and meetings alternate monthly (usually the third week of the month) with location and times that vary, so check the website. Male caregivers and teenagers have separate meetings quarterly.

Contact: Christy Davis, Co-coordinator
Josie Kruz, Co-coordinator

Phone: 804-399-9532
Phone: 804-836-4960

Multiple Myeloma

St. Mary's Hospital, Room 159
Contact: Barbara Marx – 804-355-6217

Meets: 3rd Thursdays

Multiple Sclerosis

Melanie Humpreys
Phone: 804-526-9129
Email: Melmelsh@aol.com

Meets: 2nd Thursday
Time: 10 a.m.
Location: Riverside Hospital

Contact: Kathryn Zapach, MSW
Director, Programs & Services
National MS Society
4200 Innslake Dr. Suite 300
Glen Allen, VA 23060
Phone: 804-353-5008
www.moveva.org

Meets: 3rd Thursday
Time: 6 p.m.
Location: Southside Regional
Hospital

Info: offers support for families and patients with Multiple Sclerosis

Other MS Support Groups:

- Petersburg Day Group
Leader: Melanie, 804-526-9129
Location: River View, 201 Epps Street, Hopewell

Meets: 2nd Thursday
Time: 10–11:30 a.m.

- The Positive Thinkers
Leaders: Gail – 804-677-6445
Claudia – 804-379-5493
Location: Shoppes at Bellgrade, Huguenot & Robious Roads

Meets: 3rd Thursday
Time: 11:30 a.m.

- Tri-Cities Care Giver Group
Leaders: Amy – 804-454-0087

Meets: 1st Tuesday
Time: 7–8:30 p.m.

Kathy – 804-504-4984
Location: HealthSouth Petersburg, 95 Pinehill Drive
Offers: open to all chronic illnesses

- Johnston-Willis MS Support Group
Leaders: Mary Morrisette – 804-330-2044
Email: mary.morrisette@HCAHealthcare.com
(She is an admin at CJW and really good about getting speakers to her group. She is very resourceful.)
Meets: 3rd Wednesday
Time: 12 noon

Info: offers support for families and patients with MS

Muscular Dystrophy

Caregiver Group
Adult Group
Ashley Mauck, Health Care Service Coordinator
Conference Room, MDA
8001 Franklin Farms Drive
Richmond, VA 23294
Phone: 804-285-2961
Email: smauck@mdausa.org

Meets: 2nd Friday
Meets: 3rd Tuesday

Note: Participants must first register before attending. They requested that the address not be given or specific times of the meetings, as the meetings are not open to the public. They prefer being contacted directly.

Parkinson's Disease Support Group

HealthSouth
P. O. Box 70283, 5700 Fitzhugh Avenue
Richmond, VA 23226
Contact: Kathy Morton – 804-730-1336

Meets: 1st Tuesdays
Time: 7–8:30 p.m.

Circle Center Adult Day Services
4900 West Marshall Street
Contact: Ann Spinks – 804-355-5717

Info: Support group for patients and caregivers of a person with Parkinson's.

Post Polio Support Group

Contact: Carol Kennedy – 804-740-6833

Prostate Cancer

Ridge Baptist Church
Contact: Peter Moon – 804-346-4407

Meets: 3rd Thursdays
Time: 7 p.m.

Sickle Cell Support Group

MCV 1st floor gateway
(Associated with OSCAR)
P. O. Box 980306
Richmond, VA 23298

Meets: 3rd Thursday each month
Time: 6-8 p.m.

Wally Smith, MD

Spinal Cord Injury Association of Va.

PO Box 8326
Richmond, VA 23226
Phone: 804-726-4990
Contact: Steve Fetrow
Email: info@sciava.org

Meets: 3rd Tuesday
Time: 5:30–7 p.m.
Location: HealthSouth Rehab

Info: Peer Mentoring Program, Quality of Life Scholarship, ADA Training, Women with SCI Chat Group

Stroke Support Group

Doug Wheeling
4501 Cochise Trail
Richmond, VA 23237
Phone: (h) 804-275-6209, (c) 804-651-1617
Contact: Peggy Moore, 804-330-2185
Email: Twoencouragers@verizon.net

Meets: 3rd Thursday
Time: 5 p.m.
Location: Johnston-Willis
Hospital, 5th floor Rehab
Dining Room

Info: Discusses issues affecting stroke victims, family members and caregivers.

Well Spouse Group

Kathy Jarrell
Phone: 804-545-4952
Email: Kathy.Jarrell@HCAhealthcare.com

Meets: 2nd Tuesday of the month
Time: 7–9 p.m.

Info: The group advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner. They offer peer to peer support and educate health care professionals and the general public about the special challenges and unique issues “well” spouses face every day.